



USDA-FNS Presents

Loving Your Family... What's It All About?



The Loving Your Family... Staff Support Kit

The *Staff Support Kit* contains a copy of all the Loving Your Family...materials and is divided into three sections; **Staff Support Materials**, **English Participant Education Materials**, and **Spanish Participant Education Materials**.

The *Staff Support Kit* is for nutrition educators who work with low-income populations. All of the materials inside the kit are available as downloads from the Food Stamp Nutrition Connection (FSNC) Web site at <http://foodstamp.nal.usda.gov>.

Many of the materials in the kit can also be individually ordered as hard copies (see "How to Order Materials" in the orange box to the right).

Staff Support Materials

- Educator's Handbook
- Discussion Sessions:
- Family Meals– Easy, Tasty and Healthy!
- Vegetables and Fruits– Simple Solutions

- How Much? - Food and Physical Activity
- Family Time– Active and Fun

English Participant Education Materials

- Promotional Brochure
- The Healthy Family Guidebook
- English Handouts
- Family Meals– Easy, Tasty, and Healthy
- What counts as one cup of fruit?
- What counts as one cup of vegetables?
- Ways to Eat Smart and Move More
- Black and White Reproducibles

Spanish Participant Education Materials

- Promotional Brochure
- The Healthy Family Guidebook

Black and White Reproducibles

The *Black and White Reproducibles* are available in both English and Spanish and are part of the Staff Support Kit.

These seven distinct handouts were developed to highlight the *Seven Basic Habits* portion of The Healthy

Family Guidebook. They are one-page, double sided and are a great tool for health fairs and other large community events where giving away the Healthy Family Guidebook is not practical or economical. These handouts photocopy very well but are also

- Spanish Handouts
- Comidas Para Su Familia-Faciles, Sabrosas, y Saludables!
- Que cuenta como una taza de frutas?
- Que cuenta como una taza de vegetales?
- Como Comer Mejor y Ser Mas Activo
- Black and White Reproducibles



Cover of the Staff Support Kit

available as PDF downloads from the FSNC.



Week 2

Schedule

Online Education Module & Educator's Handbook

Week 1

Staff Support Kit	Week 2
Promotional Brochures	Week 3
Discussion Sessions	Week 4
Participant Guidebook	Week 5
Participant Handouts	Week 6
Loving My Family...video	Week 7
User Response Card	Week 8

How To Order Materials

For specific ordering details use the following internet address to link to the Food Stamp Nutrition Connection web site:

<http://www.nal.usda.gov/foodstamp/orderingmaterials.pdf>

Food Stamp Nutrition Educators can order limited copies of specific materials at:

<http://www.ntis.gov/foodstamp/default.aspx>

Everyone can download materials for free at:

<http://foodstamp.nal.usda.gov/>